Nation
Volume 19, No. 19 • July 27, 2012

Kahnawake's 2012 Powwow

Grand Chief discusses the new Cree deal

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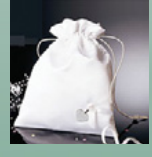

A better tomorrow?

by Will Nicholls

On July 18, Chiefs from most First Nations in Canada gathered in Toronto. It was the Assembly of First Nations Annual General Assembly and this year elections were held for the National Grand Chief.

For some reason Willie Dunn's song, "Ballad of Crowfoot," came into my mind. I heard, "Comes the spring and its warm thaw / Around your neck the eagle claw / Upon your head the buffalo horn / Today a great new chief is born / So raise him fast toward the sun / A heart now beats, a life comes forth."

The hope and promise of the song was represented by the four men and four women vying to prove their leadership. The final tally showed incumbent Shawn Atleo winning with 341 votes over runner-up Pamela Palmater, who had 141 votes.

Dunn's song asks, "…why the tears? / You've been a brave man for many years / Why the sadness? / Why the sorrow? / Maybe there will be a better tomorrow."

Given the Aboriginal situation it is a truism for many chiefs and will weigh heavily on the National Grand Chief. Atleo will have work to do to shore up the AFN's reputation and effectiveness. With massive cuts or changes to funding for Aboriginal organizations, projects and programs the outcry is getting louder each day. Having Cindy Blackhawk point out that Aboriginal students receive 20 per cent less funding, on average, than other Canadians cannot be ignored.

The changes to the Northern Food Subsidy program not only enforced and increased non-Native control without consultation but it added to the hardships faced by Aboriginal Peoples in the North. The North is no stranger to supposedly well-meaning outsiders making decisions for them without any input.

Treaties and Agreements are not always honoured or implemented. Barriere Lake, here in Quebec, and the Dene out West are just two easy examples. Both have been fighting for years to see their agreement a reality or to even have a real relationship with Canada.

For Crees, it took the Paix des braves and two new relationship agreements with Quebec and Canada to finally see the 1975 James Bay and Northern Quebec Agreement implemented as written. Even then the Cree assumed, in return for cash, some of the obligations and duties of these governments.

So looking at where the buck is being passed is a real way to judge how Aboriginal Peoples will be affected across the nation. An example is the new federal law making fundamental changes to environmental assessments and the Fisheries Act. This will speed up the approval process for natural resource development. A free hand for corporations is the new currency being minted in Ottawa these days.

Ojibway writer Richard Wagamese wrote, "We are the people for whom treaty implementation, economic development, education, resource management, potable water, mould-free housing and affordable food for our children remain daily concerns. We are the people whom all these issues affect directly."

That takes us back to Dunn's Crowfoot Ballad:

"*The years have past, the years have flown.*
The nation since has swiftly grown,
But yet for the Indian it's all the same,
There's still the hardship,
There's still the pain,
There's still the hardship,
There's still the strife,
Its bitterness shines like a whetted knife.
There's still the hypocrisy.
And still the hate,
Was that in the treaties, is that our fate?
We're all unhappy pawns in the Government's game.
And it's always the Indians who get the blame."

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photo by:
Amy German

Beach blanket boogie

by Sonny Orr

Once in a hot while, the thought of hitting the beach seems to be just the solution for cooling down anyone from north of 52. Just a thought, though, as I am one of those unfortunate few who just can't stay afloat or flounder about enough to keep breathing. I still prefer walking on water in February, but during these global warming days, the beach sounds just fine to me.

Checking out local beaches these days seem to have the same type of swimmer, justly clad in t-shirts and cut-off jeans. There's no bikinis around since it isn't really that hot, it just feels like it for a few hours a day. And the few with no real cardiac problems can tackle the murky waters of the many rivers and hidden secret lagoons that riddle the North. In the old days, it was just a matter of sneaking off from your parents and taking an illicit dip in the river, then innocently arriving back home with a clean yet ruddy glow about the skinny dippers.

Today, a long list of amazing things are required. First of all, the bravery to actually go a store and buy a swimsuit, of all things. You'd be amazed at how many different varieties exist out there for all kinds of shapes. The Speedo is becoming a bit of a rarity (hey, it's still a free country) and perhaps needs to be revived in different styles besides the ones that garner gasps from everyone around. Hey, you don't have to have a beach volleyball body to wear a Speedo, you know.

Then, there's all the different lotions that have to be applied. My favourite is anything with 35% DEET so if at least I get gorged upon by voracious bugs, they'll chew off more than they bargained for. For others, it's all about trying not to burn, but you're already brown, it's more about the risk of skin cancers and endless jokes of peeling burnt skin off your sensitive body.

Then, there's the matter of actually finding a beach that has some sort of privacy, yet just enough exposure for your introverted side. There should be enough shade about, though, as sometimes, when the UV factors creep higher and higher, actual radiation touches your skin, so carry along a small shelter, one of those kinds that tend to construct themselves.

Of course, sandals for those tender toes and flat feet, and more DEET-laden things, strong enough to ward of those meat-eating deer flies. Those big buggers have the habit of flying into you full blast then trying to jaw out a sizeable piece of flesh. I hate those ones, but luckily, they're about the biggest threat on the beach, unless, for some reason, some killer whale spoils the party. Best bet is to go out when there's a strong breeze.

Then, there's the final decision to actually wear those skimpy outfits and jump into the water. This takes one with a brave heart, as some waters temperatures hover in the mid-single-digit range and perhaps some humility as one jumps back onto the safety of land with a missing digit. Ahh, the strange perks of swimming in the north, it never ceases to amaze me.

But for those who choose to do so, remember, safety first, get swimming lessons...

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by Beesum Communications
This paper contains 70% recycled materials

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SUBSCRIPTIONS
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PUBLICATION MAIL #40015005
ISSN #1206-2642
The Nation IS A MEMBER OF:
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MAGAZINES CANADA
QUEBEC COMMUNITY NEWSPAPER ASSN.
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We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund (CPF) for our publishing activities.
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Uranium fallout

Mistissini uranium hearings continue to reverberate

by Jesse Staniforth

On June 6, in the middle of the public hearings held by the Canadian Nuclear Safety Commission to examine the request by Strateco Resources to begin "advanced" uranium exploration on Cree ancestral lands near Mistissini, Chisasibi Chief Davey Bobbish and the Chisasibi Band Council passed a resolution stating their opposition to the project and their support for Mistissini Chief Richard Shecapio.

The resolution lists a series of concerns about uranium mining on Cree land, including that "uranium mining is a threat and a contradiction to Cree beliefs and way of life," which will "affect the culture, traditions, health and safety of the Cree people of Eeyou Istchee and more especially the land, animals and environment." It closes with the statement that the "Cree Nation of Chisasibi does hereby fully support the Cree Nation of Mistissini in their position against any uranium mining in their territory."

The position, said Chief Bobbish, was easy to adopt.

"It was during the time they were having the hearings. We heard people talking about their opposition to the uranium mine," the Chief said. "In Chisasibi, whenever we're opposed to something, we stand together. For us to unite, that's part of our history — the way we came together opposing the James Bay Agreement."

"WE HEARD PEOPLE TALKING ABOUT THEIR OPPOSITION TO THE URANIUM MINE," THE CHIEF SAID. "IN CHISASIBI, WHENEVER WE'RE OPPOSED TO SOMETHING, WE STAND TOGETHER. **FOR US TO UNITE, THAT'S PART OF OUR HISTORY — THE WAY WE CAME TOGETHER OPPOSING THE JAMES BAY AGREEMENT.**"

After hearing Mistissini Chief Shecapio's position, Bobbish sought support from his own council.

"We all agreed that it was something we should do, because any uranium exploration has too much potential for damage to the environment."

Mistissini Youth Chief Shawn Iserhoff greeted the resolution with satisfaction.

"It's definitely great to see support from other communities, as well as the Grand Council," said the Youth Chief. "We have to remain together. We can't be divided. The uranium industry is global, and we need to be united to oppose it."

Though the hearings are finished, Youth Chief Iserhoff hopes there is enough momentum to ensure the topic is a central issue at the Annual General Assembly in Waskaganish in August.

During hearings that provided a number of dramatic moments, one of the most startling was one in which Strateco President and CEO Guy Hébert claimed that Mistissini students, who had organized a protest march and concert against uranium mining, were influenced by "teachers, white people — white people — who are there."

This comment earned a strong response from Deputy Grand Chief Ashley Iserhoff. "That comment was not appropriate in terms of trying to insinuate that the people can't make their own decision when it comes to standing up for the Cree," he told the mining executives.

Interviewed by Radio-Canada aweek after the hearings, Hébert reiterated his belief that the young people of Mistissini were "brainwashed."

"I'm sure that some of the children arriving home with those photos [of irradiated children presented by some members of the public as arguments against the safety of uranium] certainly had nightmares," Hébert told Radio-Canada.

Chisasibi Chief Davey Bobbish

Youth Chief Shawn Iserhoff said the battle is now a public-relations campaign. "Anything [Hébert] can possibly use against the community, he will. We worked hard to inform ourselves on the subject. We had independent experts in, and they commented on reports submitted. He also mentioned [Canadian Coalition for Nuclear Responsibility founder] Gordon Edwards [who spoke at the school in Mistissini], but prior to him coming here the youth had

already agreed to oppose the project. He should start getting his facts right. They'd already signed that petition."

Referring to Hébert's apparent concern about the ethnicity of those teaching Cree youth, the Youth Chief said, "It's unbelievable. He's referring to white people coming in — but isn't he white? It's not worth commenting on any further."

DESPITE THE CLEAR POSITION BY THE PEOPLE AND LEADERS OF MISTISSINI AND OTHER COMMUNITIES, IT IS CLEAR THAT THIS CONFLICT WILL NOT BE RESOLVED QUICKLY. IN THE SAME RADIO-CANADA INTERVIEW, **STRATECO PRESIDENT HÉBERT SAID, "WE ARE ON PUBLIC LAND. [THE CREES] DO NOT HAVE A VETO RIGHT."**

Equally shocking was the moment at which, responding to some commotion in the hearing room, CNSC President and CEO Michael Binder said to the Crees, "Didn't you guys talk about respect? Didn't you? Well, where is it now? So we spent here two bloody days listening to everything you say. Allow us now to absorb all of this and then make a decision, and then you can react to our decision."

Of that outburst, Deputy Chief Ashley Iserhoff observed, "It was clear that was out of frustration. There was response from the community, there was response from the people. It was a very inappropriate thing to say. You have to watch what you say in public, even if you're frustrated or tired."

Youth Chief Shawn Iserhoff said, "Speaking here as an individual, it just goes to show me the ignorance of these people. They believe we're misinformed, but we're not. The [CNSC] panel seems to be clearly siding with Strateco. Though they're supposed to be a regulator who informs the public in a transparent fashion, it's one sided in support of these projects. The [CNSC] panel interrogated people who were opposed to the project — specifically Crees. They questioned our stance and where we got our information, while people in favour of it were basically not questioned."

Despite the clear position by the people and leaders of Mistissini and other communities, it is clear that this conflict will not be resolved quickly. In the same Radio-Canada interview, Strateco President Hébert said, "We are on public land. [The Crees] do not have a veto right."

Stating that he intends to take legal action against the group Sept-Îles sans uranium, which helped organize opposition to the project, Hébert underlined, "I've got shareholders who invested $110 million up to now and this deposit is worth $2 billion. We have rights. It's not, 'We say no, so you go away.'"

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Accident or malice?

Blockade-busting incident narrowly avoids loss of life at Atikamekw protest

by Mark Della Post

With a temporary truce only a few hours away, an act of either poor judgment or intentional violence almost turned deadly in the Nitaskinan region of the Mauricie Valley.

As recounted in the last issue of *the Nation*, three Atikamekw communities in the Nataskinan region, angry over consistent resource exploitation on their ancestral lands and the more recent logging operations of Kruger Inc, had erected roadblocks in an attempt to force the provincial government into negotiations.

After meeting with government officials on July 3, and receiving a signed letter from Premier Jean Charest regarding the meeting, the three Atikamekw community leaders (Chief Christian Awashish of Opitciwan, Chief David Boivin of Wemotaci, and Chief Paul-Émile Ottawa of Manawan), decided to adhere to a government request and temporarily lift the blockade for a 48-hour period.

Despite the progress in negotiations, the Atikamekw communities were stunned by what was to take place.

Just eight hours before lifting the blockade, at midnight July 4, a truck drove through a blockade at km 26 of route 25. The truck then ran over a temporary campsite on the side of the road, including a tipi. Luckily, and somewhat miraculously, no one was hurt in the incident.

photo by Karline Paul

Chief Paul-Émile Ottawa of Manawan
Chief Christian Awashish of Opitciwan
and Chief David Boivin of Wemotaci

Route 25 is the highway connecting La Tuque to Wemotaci and is one of the main means for transporting timber out of the region. Immediately following the incident, the Atikamekw communities decided to shorten the truce by 24 hours.

According to the Sûreté du Québec, no arrests were made in connection with the incident, but an investigation is underway.

Opitciwan Chief Christian Awashish is unsure whether the incident was an accident or intentional, but is still upset by what happened.

"We spoke to the association of truck drivers of the area," he said. "They know who the driver is. They said he needed more space to pass and veered off the road to get by the roadblock. His driving over the campsite and the tipi is supposedly an accident."

"Even if it was an accident, it's no excuse," he added. "We're lucky there was no one in the way."

According to Awashish, tensions were running extremely high once the community got wind of what had happened. "People were obviously extremely emotional. And in the moment, emotion tends to get the better of people. The other Chiefs, along with myself, had to calm everyone down," he said.

"We are committed to non-violence," Awashish added. "We haven't damaged any machines, or acted aggressively towards anyone."

A week after the incident, in an act of good faith towards the government, the Atikamekw communities decided to lift the blockades while negotiations are ongoing.

"A lot of people in the community were disappointed that we took down the blockades," said Awashish. "I think that

Photo by Dany Chilton

the government was surprised the initial roadblock lasted more than a couple of days. In the end, we thought it would be in the best interest of the negotiations."

Despite the early encouraging signs of progress, Awashish argues that there is still a long way to go.

"Real negotiations haven't even started yet," he said. "The government hasn't even officially named a chief negotiator. The first people they approached were people that have been negotiating with us for over 30 years."

Quebec Native Affairs Minister Geoffrey Kelley remains optimistic that the two parties can yet reach an agreement.

"I've been briefed on the situation," Kelley said. "It's my understanding that the [opening phases] of the negotiations are moving well. We proposed some names [to be the chief negotiator] and I have my staff of professional civil servants. I'm confident we can come to an agreement that everyone's happy with by the deadline."

The communities have set an August 30 deadline for an agreement to be reached.

"It's that or nothing," said Awashish. "At that point, progress won't be enough. We've lost confidence with the government. If we don't have an agreement in place by August 30, we'll be setting up blockades for the long term."

Drowning in Waskaganish

The Nation extends its condolences to the Jolly family of Waskaganish after the loss of 16-year-old Tyler Jolly.

On July 16, Jolly was fishing with a friend by the bay to the east of the community of Waskaganish. After the friend left Jolly alone to go get some drinks, he returned to find Jolly missing.

At that point he notified Tyler's father, who requested Eeyou Eenou Police Forces assistance at around 9 pm. The search was called off at 2 in the morning due to darkness and began again at 6 am the next day.

Near 5 pm the next day, the Waskaganish Fire Department stated that a body had been found near where the youth went missing. The body was positively identified by family members. The body was brought to Chibougamau Hospital for an autopsy.

Montreal Friendship Centre looks to get back on track

A group of prominent Native leaders in Montreal is trying to reorganize a multiservice Native Friendship Centre for the city after the current centre was hit by funding cuts due to its exclusive focus on housing issues for homeless urban aboriginals.

An eight-member steering committee led by Eric Cardinal is consulting the community for ideas and analysis to help design the functions of a reborn centre in the city's downtown.

"Montreal is the most important crossroads for Aboriginals in Quebec and it is experiencing a demographic growth," Cardinal said July 16 in a communiqué announcing the new effort. "It is more important than ever to promote the primacy of collective rights and to work together towards the improvement of the quality of life of Aboriginal citizens in Montreal."

The focus for a new centre is to involve families, children, youth and Elders and to foster a sense of community. The effort is endorsed by the Quebec friendship centre alliance, known as the Regroupement de centres d'amitié autochtones du Quebec.

The steering committee is looking for a variety of partners to help launch the project. "The development of a promising community project for the whole Aboriginal community in Montreal requires the collaboration and consultation of all the stakeholders involved," said committee member Ida Labillois Montour, who is a former Friendship Centre executive director.

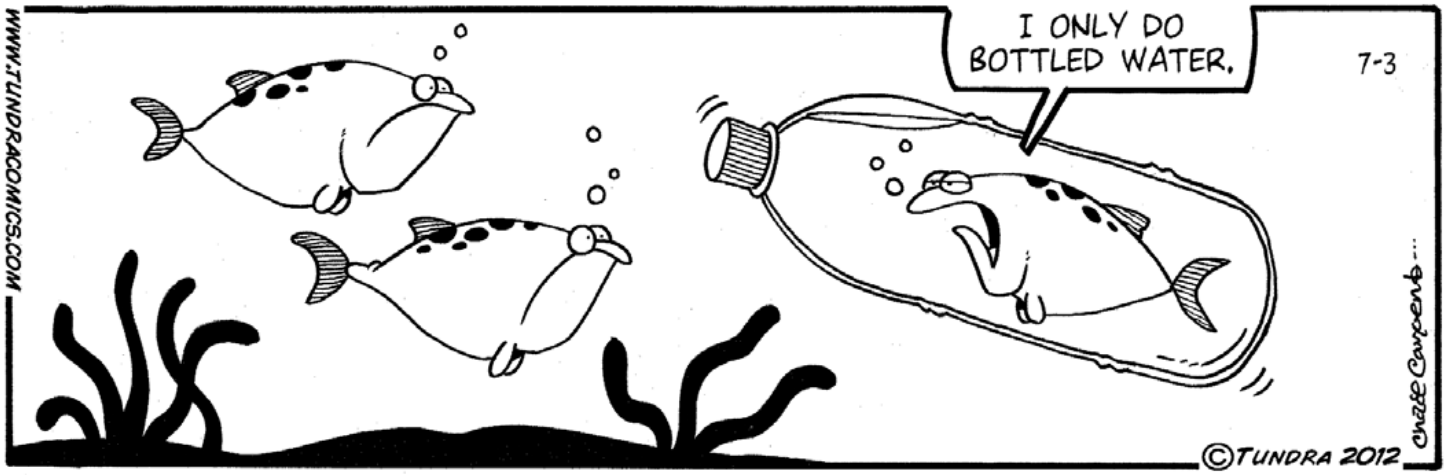
Bachelor Lake Mine gets green light

Sandstorm Gold Ltd. announced July 6 that the Bachelor Lake Mine, operated by Metanor Resources Inc., had received an environmental certificate of approval for commercial production.

Although they are approved to commence the mining operation located near Val d'Or, the company will still have to respect certain conditions, such as water management rules. It will also be required to establish an advisory committee that includes members of the Cree First Nation of Waswanipi along with representatives from the surrounding Jamesien communities.

The approval allows Metanor to begin production at the Bachelor Lake Mining facility around 2013. The initial estimates expect a three-and-a-half-year life span with peak production at around 60,000 ounces of gold per year.

But that was before July 12, when Metanor and Sandstorm released the results from the initial 5000-ton sample they extracted. Along with validating the quality and consistency of the ore, they also determined that gold recovery rate was a lot higher than expected, leading to 25 percent more gold being extracted over the lifetime.



Sandstorm signed a gold stream agreement with Metanor for 20 percent of the gold the mine produced at a rate of $500 per ounce, giving Sandstorm a $20 million cut by 2017.

First Woman to lead Algonquin Anishinabeg National Council

History was made this month when Alice Jerome was elected during a vote held July 13 to lead the Algonquin Anishinabeg Nation Tribal Council as Grand Chief. She will be the first female Grand Chief since the Council's founding in 1992.

Jerome won the race when another candidate, Larry Whiteduck, withdrew his candidacy. Whiteduck secured a seat on the Council through the vote. Jerome's term, as well as for the other elected members, will last four years.

Preservation of Anishinabe language and culture are top priority for Grand Chief Jerome as well as working to for further economic development of the communities and territory.

Grand Chief Alice Jerome

"I am particularly pleased to represent *the Nation* and I intend to build on the foundations of the work done by those who have preceded me in this position," Jerome said, "My priority is to develop solidarity among us in our actions and to establish strong links between our communities. I do not make promises, but I hope that we can achieve concrete results in our work."

Aside from the position of Grand Chief, all of the other offices up for election were contested. Vice Grand Chief went to Verna Polson of Eagle Village. The Elders' Representative selected was Pierre Papatie along with Mrs. Jeannette Brazeau-Papatie, , who was chosen as the Women's Representative. Both Papatie and Brazeau-Papatie are from Lac Simon. Chosen to represent youth was Kim McDougall of Pikogan.

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feature

"DURING THIS TRANSITION PERIOD THERE WILL BE AN 'IMPLEMENTATION COMMITTEE' WHICH WILL OVERSEE THE OPERATIONS OF MBJ. THIS COMMITTEE WILL BE COMPRISED EQUALLY OF REPRESENTATIVES OF THE CREES, THE JAMESIENS AND QUEBEC. **THE MAJOR DIFFERENCE BETWEEN THE MBJ AND THE NEW REGIONAL GOVERNMENT IS THE DIFFERENCE BETWEEN EXCLUSION AND INCLUSION — BETWEEN APARTHEID AND DEMOCRATIC RULE.**"

New land governance deal to take effect

The Grand Chief discusses the new Cree Governance Agreement

By Amy German

By the time you read this, Quebec Premier Jean Charest is expected to have announced that a governance agreement to restore Cree land rights will have been reached with the Grand Council of the Cree.

Since Bill 40, which created the Municipalité de Baie James (MBJ), was adopted by the Quebec National Assembly in 2001, the Cree have been on difficult ground with the province as because of the rights it granted to non-Native communities in the vicinity of Eeyou Istchee.

Eleven years later, Grand Chief Coon Come has negotiated a permanent deal with the province to finally see the dismantling of the MBJ and allow for greater power to be restored to the Crees over Category I, II and III lands in the territory.

The new Agreement on Governance in the Eeyou Istchee James Bay Territory between the Crees of Eeyou Istchee and the Government of Quebec abolishes old regimes and paves the way for a new harmony to found between the ancestral stewards of the land and those that have formed communities around them.

After an examination of the new agreement, *the Nation* spoke to Grand Chief Coon Come to shed light on what it will mean for the Cree.

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After an examination of the new agreement, *the Nation* spoke to Grand Chief Coon Come to shed light on what it will mean for the Cree.

The Nation: *Since we last talked about this Governance Agreement in 2011, how much has it evolved?*

Grand Chief Coon Come: We signed the Framework Agreement a little more than a year ago. Since that time my negotiating team has been working hard to conclude a final agreement based on that Framework Agreement. The final agreement is largely in keeping with the Framework Agreement and we have been able in fact to secure a number of important additional gains. In general, what we have secured in this Agreement is a significant measure of control over the lands and resources on Category II lands and a strong role in the new Regional Government having jurisdiction

in Category III lands. The exercise of powers and jurisdiction over our traditional lands is more than a matter of putting up new signs in the territory, although there will be new signs. It is also a matter of taking on responsibility for the processes and functions through which control is exercised. There are important planning processes which we will now be responsible for, particularly on Category II lands, which will determine what can take place on our lands. This is what it means to control our territory.

TN: *There are some very interesting parts of this Agreement when you get down to looking at it. For example, #14 of the General section mentions that North of the 55 the Cree Nation government shall not exercise jurisdictions, functions or powers on Category II lands unless an agreement is reached between the Crees and Makivik, what does this mean for some of Whapmagoostui's traditional territory and traplines? Will any other Cree communities have similar problems?*

GC: When the MBJ was established, its boundaries were arbitrarily set between the 49th the 55th parallels and never took into account the Cree family hunting territories of Whapmagoostui beyond that northern boundary. The Governance Agreement acknowledges that this is a problem, and a process will immediately be put into place to adjust the boundaries so that the Cree Nation with the Attikamekw and the Algonquins. We have a process in place for adjusting these boundaries to reflect the Cree traditional family territories, and we will begin very soon.

TN: *Who was the James Bay Regional Zone Council and what will its dissolution mean?*

GC: The James Bay Regional Zone Council was described in the James Bay and Northern Quebec Agreement. It was originally intended to be a body comprised of both Cree representatives and representatives of MBJ and was intended to exercise certain municipal powers of MBJ over Category II lands. This body never really worked properly and was, for all intents and purposes, essentially non-functional. However, it remained the reason that MBJ could claim to have certain jurisdictions with respect to Category II lands. With this new Governance Agreement, all the powers that were vested in the Regional Zone Council will come to the Cree Nation Government on Category II lands. The abolition of the James Bay Regional Zone Council is one of the important ways in which the Cree Nation is assuming powers and jurisdiction over Category II lands. The powers will now be in Cree hands.

TN: *How has the dismantling of the MBJ been going? What are the major differences between the MBJ and the "Gouvernement regional d'Eeyou Istchee Baie-James?"*

GC: The MBJ will be abolished. This is one of the cornerstones of the Governance Agreement. MBJ will be replaced by the new Eeyou Istchee/James Bay Regional Government. For the first 10 years of its operation the new Regional Government will be governed by a Council where there will be parity of votes between the Jamesiens and the Crees. After that time, the representation on the Council will be re-assessed and adjustments will be made based on the demographic situation at the time. We expect that in 10 years the Cree population will be more of a majority in the region and that this will be reflected in the representation on the Regional Government. The representation and the operation of the new Regional Government will be based on democratic principles, unlike the MBJ. No longer will the Crees be excluded from the governance of our traditional territory. The legislation creating the new Regional Government could take a number of months so MBJ will continue to operate until that time. During this transition period there will be an "Implementation Committee" which will oversee the operations of MBJ. This committee will be comprised equally of representatives of the Crees, the Jamesiens and Quebec. The major difference between the MBJ and the new Regional Government is the difference between exclusion and inclusion — between apartheid and democratic rule.

TN: *Under Governing Structure Representation and Voting it is mentioned that the Council of Regional Government shall comprise 22 seats and 44 votes allo-*

cated equally between the Crees and the Jamesians, does this mean that each person will have two votes? Can you please explain this?

GC: This was done in order to rectify certain inequalities that existed among the Jamesien municipalities. By allocating a larger number of seats to those municipalities that have the predominantly higher population, their demographic situation can be reflected in the representation on the new Regional Government Council. So now, for example, the Town of Chibougamau, as the municipality with the highest population, will have the greatest number of seats and votes on the Jamesien side. On the Cree side, we will continue with the approach we have adopted toward the representation on the Grand Council/CRA, which is a "senate" type of distribution of votes, and each community will have the same number of seats and votes.

"**WE EXPECT THAT IN 10 YEARS THE CREE POPULATION WILL BE MORE OF A MAJORITY IN THE REGION** AND THAT THIS WILL BE REFLECTED IN THE REPRESENTATION ON THE REGIONAL GOVERNMENT. THE REPRESENTATION AND THE OPERATION OF THE NEW REGIONAL GOVERNMENT WILL BE BASED ON DEMOCRATIC PRINCIPLES, UNLIKE THE MBJ. NO LONGER WILL THE CREES BE EXCLUDED FROM THE GOVERNANCE OF OUR TRADITIONAL TERRITORY."

TN: *It is also mentioned under "Language" that Cree and French shall be the principal languages of the Regional Government, what about English? Also, what dialect of Cree will be used?*

GC: While the principal languages will be Cree and French, at the working level people will be able to use either English or French. Everyone who participates in formal meetings of the Regional Government will be able to address the Council in the language they are most comfortable with, and on the Cree side, any dialect will be acceptable.

TN: *Under "Officers" it is mentioned in item 118 that the council shall ensure balance in the representation of the Crees and Jamesiens for the Positions of Director General and Assistant Director General, does this mean that one will be Cree and the other Jamesien? Is it going to work that way for all of the positions?*

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GC: Yes. It will work that way only for the most important positions, that of Director General and Assistant Director General. This was done in order to ensure a certain balance, at least for the first few years, between the Jamesien and Cree populations. This is one of those issues that will be reviewed after five years, and a decision will be made at that time regarding the continuation of this arrangement. We established in the Agreement a five-year period after which we would review the entire Agreement and address any issues that might require our attention.

TN: *Under Transitional Measures it is mentioned that the resolutions and other acts adopted by the MBJ shall be deemed to be by-laws, resolutions or acts of the Regional Government or of the Cree Nation Government insofar as they pertain to the territories subject to the jurisdiction. Can you elaborate on this? How long exactly will it take for all of the damage done under the MBJ to be repealed? For example, what will happen to all of the homes and cottages granted to non-Natives on or near lakes on traditional territory by the MBJ?*

GC: There will be a period of time of a number of months between the signature of our Governance Agreement and the establishment of the new Regional Government through legislation. Once the new Regional Government is formally established it will carry with it all the resolutions and acts that were adopted by the MBJ. During the transition period we will go through a process of reviewing all of these by-laws and acts with a view to determining which ones are useful for the operations of the Regional Government and which need to be rescinded. These reflections on the by-laws will be brought for consideration to the Regional Government, which will make the final decision on these by-laws. It may prove to be difficult, and perhaps unwise, to rescind the approvals for cottages which have already been built. This may create harmful animosities within the region and make future collaboration difficult. The new Regional Government will be more forward-looking in its orientation and we will make sure that future cottage leases conform to criteria that the Cree Nation will be involved in establishing.

TN: *Can you please elaborate on the Draft Plan mentioned under item #30? It is mentioned that the Cree would be working on coming to agreements with the MNRF, would this mean that the Cree would be able to stop others from hunting caribou on their territory through this Agreement?*

GC: As I mentioned earlier, the Governance Agreement describes the way in which the Cree Nation Government will exercise significant control through its new responsibilities in the development of land use plans in the region. It is through these planning processes that we will be able to inject the concerns of the Crees, and it is through these planning processes that we will able to establish the range of permissible activities and developments related to land use and natural resource planning.

TN: *Item #53 discusses the "withdrawal of water as defined in sections 31.74 and 31.75 of the same Act…." Can you elaborate on this issue? Does this mean that water can be sold to another party such as in the long standing proposed "Grand Canal Project?" What exactly is this in reference to?*

GC: We all know that in the future water will be a very important and valuable commodity. In the Governance Agreement we wanted to ensure that the Cree Nation Government will have a strong voice in any decisions which might involve the withdrawal of water. The Minister of Sustainable Development, Environment and Parks will not be able to make a decision without taking into account the recommendation of the Cree Nation Government. In addition, there is a requirement in the Governance Agreement that Quebec will negotiate with the Cree Nation Government and with the Regional Government to develop an integrated management system for water resources in the Territory. Since water resources and watersheds do not conform to administrative boundaries all of these governance structures will need to be involved in the development of this management system for the protection of water. And, of course, the Cree Nation

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My Father

Told by Eliza Webb
Translated and transcribed by Brian Webb
www.beesum-communications.com/legends

Another story I've heard of my father was during the fall when ice begins to form. People jigged for fish on the river where we stayed. People caught lots of speckled trout. Other people from far away camps came by dogteams to come and fish on the river. This is at A Nadoyashich (Little Point) and the river below. This was a good spot for catching fish when the ice first started forming along the shore. Sometimes, the river would freeze all the way across and you couldn't see the dangerous spots on the river.

My dad and mom went out one time. They went with Daniel Snowboy. He was still a young boy. They went out by dogteam to jig for fish. I didn't go with them. I barely remember that time. I only heard the story told of my dad when he fell through the ice while they were out fishing.

A flock of ptarmigan landed on the other side of the river. He took his gun and went across on the ice. He fell through the ice completely. He had his gun in his hand. He let go of his gun. There was a lot of slush below and this was what stopped him from going deep into the river.

Their companion, Daniel, was still a young boy. My mom said that Daniel was really crying. My mom saved my dad. I think she threw rope to him. She was able to rescue him.

My mom hauled my dad onto the ice. My dad stood on the solid ice and turned back to where he came from. He went to get his gun. It was in the slush. He probably saw his gun there. He was able to retrieve his gun.

Your grandmother said, "I despised him so much. He went back to where I hauled him out." And Daniel was wailing. I suppose he thought that my dad was really gone. This was the story told about my dad.

I suppose they came back to the camp right away. This was how we knew what had happened to them; my dad had fallen through the ice when he went to the flock of ptarmigan across the river.

Echoes of a Proud Nation's many colours

Kahnawake's 2012 edition serves up a feast for the eyes and the belly

Story and photos by Amy German

The 22nd edition of the Echoes of a Proud Nation Powwow went off, as usual, without a hitch despite the sweltering heat of the July 14-15 weekend.

The drums were pulsating deep in the heart of Kahnawake as First Nations voices cried out in traditional song, bells jingled and many a walleye nugget was washed down with fresh strawberry juice as the annual powwow brought more than 30,000 visitors to this much-cherished event.

As hundreds of dancers jingled their way through the performance grounds, hundreds of merchants were hawking their wares in one of the biggest Native commercial events in the province.

The Nation's reporters were delighted to taste as many traditional dishes as we could get our hands on: savoury elk sausage in deep fried bannock, fresh and lively wild rice summer salad with crisp broccoli and other local vegetables, the moose platter, Indian tacos of all varieties, strawberry and watermelon juice and then lemonade by the bucket (literally, served in a bucket) to cut the incredible, 30+ degree heat.

The Nation also checked in with many of the regular vendors who work the powwow every year to see just how well things were going and what they were taking back from a major event that brought out so many old friends and new faces.

Nakuset, Executive Director of the Native Women's Shelter of Montreal, was on hand with her family to talk about the shelter, raise funds and also spread the word about upcoming events for the organization.

"The Powwow is good; we are really trying to raise awareness about our 25th anniversary and the event we will be hosting for it on October 9th at the Rialto Theatre in Montreal. Tickets will be on sale as of July 27.

"We are also hoping to open up a new transition house for the clients of the shelter so that they can move out and move on. This will be a 12-unit building that will include units that are 1 1/2 rooms all the way up to 6 1/2 rooms and what we want to do is raise at least $25,000 at the fundraiser so that we can furnish it for them," said Nakuset.

At the shelter's table were also a series of items that had been handcrafted by the women of the Shelter to raise funds for it as well as information on the shelter and a few of their staff to provide information.

Over at Tammy Beauvais's Tammy Beauvais Designs tent, Beauvais was busy tending to a crush of customers who were excited with the delightful wears they were perusing and purchasing.

"Things are going really good! It's very, very hot here today but the crowd is very good and there seems to be a lot of people from Montreal and the surrounding area. There is a lot of interest and I am just so glad that everybody came down. Sales are doing great and it is just so nice to see so many old friends!" said Beauvais.

Former Nation journalist Steve Bonspiel was also on hand to promote the Kahnawake paper, the Eastern Door, that he bought a few years back and talk about what it does for the people of the community.

"Things are going amazing as per usual! Just like every other year! You know why it's amazing? Because we

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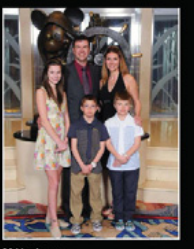
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Learning to teach

Youth leaders gather at McGill's First Nation and Inuit Leadership Symposium

by Brandon Judd

Sitting in coveted shade at the Kahnawake Powwow, they looked like a group of old friends, joking around as they ate Indian Tacos, making silly faces for the camera. But just a week before, most of these young Cree leaders had never met each other; the only distance that trumped the one between their communities was the distance they all travelled to be in Montreal.

Ten promising, young Aboriginal leaders gathered in Montreal earlier this month for second annual McGill First Nation and Inuit Leadership Symposium, attending workshops and seminars and experiencing life at a university and in a city.

The attendees began easing into the program soon after arriving from Attawapiskat, Oujé-Bougoumou, and Wemindji. Though day one was filled with low-key activities, the remaining days included highly involved seminars. These included a diabetes prevention lecture from McGill professor Alex McComber, a Mohawk of the bear clan from Kahnawake, and a workshop on finding and projecting your voice from Ontario's Office of the Provincial Advocate for Children and Youth.

"All the workshops I've been to have really improved my perspective about everything," said Alyssa Ottereyes, a recent high school graduate who will enroll at John Abbott College later this summer. "I'm learning all these important skills to be a leader, which I think will be really good for me, because I want to be a youth leader."

Ottereyes is already a leader in her hometown of Wemindji, where she organized literacy programs and worked to alleviate drug and alcohol abuse among teenagers. A lack of activities in a town, she says, leave kids her age with few ways to alleviate their boredom outside of these vices.

"The Youth Centre already plans activities for them, but a lot of the youth don't want to go, because a lot of the time the activities aren't what they want," she says. "Some youth don't even speak up because some of them are too shy to say what they want in the community. I want to be the person anyone can talk to."

The forward-looking 17-year old — she's already planning on getting a degree in social work from Algonquin College after finishing CEGEP — wants to be a Youth Chief. She dreams bringing the youth of her community activities better suited to their tastes, but which emphasize tradition; she wants to set aside land near Wemindji for a cultural camp to reenergize the connection between the youth and the Elders of her community.

"I think there's a lot we can learn from the Elders, and that happens once in awhile but what I would do is have it once every week, so all of us could connect with the Elders and share stories and learn our culture better."

The symposium included an honoured Elder, Amelia Tekwantonti McGregor, who attended all the events, stayed with the kids, and added insight at the workshops. Unsurprisingly, she became a motherly figure to the kids, many of whom were use to neither the heat of the city nor the separation from their families; on the third day, tired kids were laying their heads on her shoulder for comfort.

But as much as the youth know they can learn from Elders, this program was designed to help position the 10 youth attendees to be the teachers, rather than the students. For example, the workshops focussed on ways to help kids through anger and depression issues. A hip hop dance workshop was the agreed favourite. The kids loved using an active, modern activity as a stress reliever.

Sonia St. Denis, who already teaches a dance class with four friends back in her hometown of Oujé-Bougoumou, highlighted the importance of fun stress relievers like this for healthy minds.

"You've got to find something you really like doing that will relieve your stress," she said. "Dancing for me, it de-stresses me. It makes me want to help other kids find something they love, help them stop thinking about

suicide, and help them be who they really are."

The symposium began with a pitch from the organizers to Timothy Casgrain, a McGill graduate and former president of an asset management company in Toronto, who was looking to fund McGill-based initiatives. After their pitch was accepted, the organizers began planning a program to identify and nurture the skills Aboriginal youth can bring to their home communities.

"One of the philosophies we're working from with this program is we don't want anything built on a defect model," said Lisa Trimble, a lecturer in McGill's Faculty of Education and the symposium's director. "We don't think it's smart to try to build what isn't there or 'fix' anything. Instead, we're trying to mobilize a community to build on what is there. So we're trying to help these kids identify their strengths and teach them to build on them."

One of the goals was help kids see ways to use the activities they already love as confidence-builders and emotional outlets, and spreading this to their communities.

"They talked a lot about using activities to get rid of your anger and your stress," said Chad St. Denis, Sonia's twin brother and, with her, the youngest participant at 15. "I use sports for that: hockey, soccer, any of them, really. I think a lot of kids can use sports to help them when they get angry or sad or if they're thinking about suicide."

Trimble, whose PhD research focussed on community-based education strategies and their engagement with sexual education, hopes that in addition to engaging and cultivating strong Aboriginal youth, the symposium will give kids a first-hand look at university education and the lifestyle that comes with it.

"We're hoping to give young people who are interested in these kind of things — they may be thinking of going to a CEGEP or university or may not necessarily be an academic or school-based person — a taste of what life is like on a campus," said Trimble. "And they can see there are other students like them wanting to create change in their communities."

This look at life in a city is what most of the participants talked about most willingly. Being in Montreal and staying at McGill New Residence were just a taste of the king's ransom of activities they enjoyed during their week. Evenings at La Cité and at the movies, a trip to La Ronde — which created some roller coaster fright stories — and, to top it off, an afternoon at the Kahnawake Powwow.

"The closing ceremony was a little depressing, because it's sad that we're leaving so soon," said Ottereyes as she watched the powwow's smoke dancers. "It's been so fun, and I've learned so much. I won't ever forget it."

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Last-minute triumph

Mistissini turns nail-biter CSB chair election into a comfortable victory

by Brandon Judd

On July 11, Kathleen Wootton sat with bated breath, waiting for the last two polling stations to submit their results for the Cree School Board Chairperson elections. She trailed her fellow nominee Kenny Blacksmith by just three votes, with only Eastmain and Mistissini results to come. Eastmain's totals came in: Wootton jumped to a tenuous 15-vote lead, not nearly enough to be called safe with Mistissini's thousands of eligible voters yet to be heard from. Then, the cavalry arrived.

The Cree Nation reelected Kathleen Wootton as Chairperson of the Cree School Board after Mistissini's results turned an apparent nail-biter into a near-landslide victory.

"I had a good feeling about Mistissini because a lot of people had already told me they would be voting my way," Wootton said, the twinge of remembered nervousness in her laugh. "But whenever a race is that close, you're thinking at the back of your mind, 'What happens now?' I really wasn't sure for a while, there, but Mistissini really pushed me ahead."

In the end, Wootton collected just under 58 per cent of the votes, with just over a third of those votes coming from Mistissini. She remains Chairperson of the CSB, a position she has held for the past 10 months.

Last summer, Gordon Blackned stepped down from his post as Chairperson after being elected Chief of Waskaganish. A special election was called for a 10-month term to bridge the gap between Blackned's departure and the end of his three-year incumbency. Wootton won a two-stage election after defeating Kenny Blacksmith in a runoff. Ten months later, Wootton triumphed in a rematch.

The former Deputy Chief of Mistissini says the progress made during her first months in office was the reason for her renewed mandate. Wootton cited her role in pushing forward the Local School Improvement Plan, which stresses Cree language and culture in the curriculum, and in separating the governance structure of the CSB from the administrative end, an improvement she says minimizes political interference or friction.

Wootton promises to further solidify the prominence of Cree language and culture in the curriculum in a collaborative process.

"We developed an ownership linkage plan to give an opportunity for Cree parents and other interested parties to participate in the defining what Cree education is, developing a Cree education system and to be able to inform and provide advice about what Cree aspects should be included in Cree educations," she said from her office in Mistissini. "A lot of people have worries about Cree language and culture, which are really important because they're the basis of our identity. We want to make sure that they are entrenched in Cree education."

The vote also highlighted Cree parents' growing disengagement with the decisions being made about their kids' education. This year's elections only garnered a 13 per cent participation rate, down from 23 per cent in 2009.

"It is definitely a concern that people don't seem to have an interest in elections for the Cree School Board," said Kenny Loon, the returning officer in charge of the elections.

Loon was hesitant to speculate on the reason behind this, but Wootton argued that history had much to do with parents keeping their kids' education at an arms length.

"Traditionally, parents haven't been encouraged to be part of their kids' education system," she said. "Even when we were setting up the Cree School Board many of the parents kind of stayed away from the school. I think, in their mind, they didn't see that they had a role in the education of their children."

Kathleen Wootton, Chairperson of the Cree School Board

Wootton hopes the CSB's renewed effort to engage parents will help not only to develop a well-accepted curriculum, but will also improve graduation rates. Kids are more likely to succeed when their parents are more engaged in their education, she says, because education becomes an entrenched force not just in school, but at home and in the community. This, she says, is key to her broader goal over the next three years.

"Providing top-quality education that will give our students the kind of knowledge and skills they'll need to participate in Cree society and society in general: that's the one thing I would really like to see through."

Pssst...

Have any information you'd like to share with *the Nation*? Feel like there's something the rest of the Cree Nation should know?

Well that's what *the Nation* is here for. Call us at 514-272-3077 or write us at news@beesum-communications.com and we'll look into your story. If you don't contact us, your voice won't be heard!

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August 31 CNAAF Golf Benefit
For more information please contact:
John Henry Wapachee, jhwapachee@cra.qc.ca
Travis Grant, tgrant@cra.qc.ca
Judy Cooper, jcooper@gcc.ca
Tel: (819) 673-2600

Logging operations spark tensions

Barriere Lake Algonquins fight to preserve their territory

by Mark Della Posta

"The company and the SQ are saying that they have a copy of a signed document from our main harvester allowing the cutting to happen," said Norman Matchewan. "But our harvesters are here with us at the campsite, saying they never gave consent or signed any document."

The people of Barriere Lake have repeatedly found themselves fighting desperately to protect their lands from clear-cutting and resource extraction. In this case, the Mitchikanibikok Inik, the Algonquins of Barriere Lake, are working to stop Resolute Forest Products from clear-cutting their territory in Poigan Bay, Quebec.

Norman Matchewan, a community spokesperson for the Mitchikanibikok Inik, was recently acquitted of mischief and obstruction of justice in a case involving AbitibiBowater (now Resolute Forest Products). Matchewan was charged after allegedly setting up an illegal blockade, preventing the company from logging, but was acquitted when a company foreman was found to have misled the court.

According to Matchewan, his community was never shown any evidence that these documents exist. He argues that despite the company's assertion that the government consulted harvesters from the community, Resolute Forest Products has no right to be logging on their territory.

Unhappy with the logging in Poigan Bay, the community has made their presence known around the logging site, stopping short of a blockade.

"We didn't set up any blockade, we are just camping out on the side of the road," said Matchewan. "People just went out there, and walked around."

He says the Quebec government has not been in communication with the community over the logging dispute.

"There hasn't been any response [from the government]," said Matchewan. "We've been asking them for the cutting permits, the trees that have been harvested, and what volume of wood has been harvested, so that we can assess the damages. They don't want to provide us with anything."

According to Resolute Forest Products spokesperson Pierre Choquette, the company has received all the necessary permits from the Ministry of Natural Resources.

"The ministry granted the company all licenses and permits necessary to conduct forest operations in this region," he said. "We feel right now that we're in the middle of a political tension that exists in Barriere. It's not the company's job to consult [with the community]. It's up to the government to do those consultations and then hand out the permits. We've collaborated as best we could with *the Nation* itself and with the government."

The Ministry of Natural resources did not respond to a request from *the Nation* for comment.

As of this writing, the SQ is present at the campsite, but according to Matchewan, has stopped short of making any arrests.

"Last week they were preventing us from going on the logging road that the company had built," he said. "They were threatening us, that they were going to arrest us immediately on site if we went beyond the logging road. Then their actions totally changed when APTN arrived."

"Since then, they just stood back and told us not to be surprised if they arrested anyone," he said.

Michel Thusky, an Elder from the community, explained why the Mitchikanibikok Inik are committed to protecting their territory from deforestation.

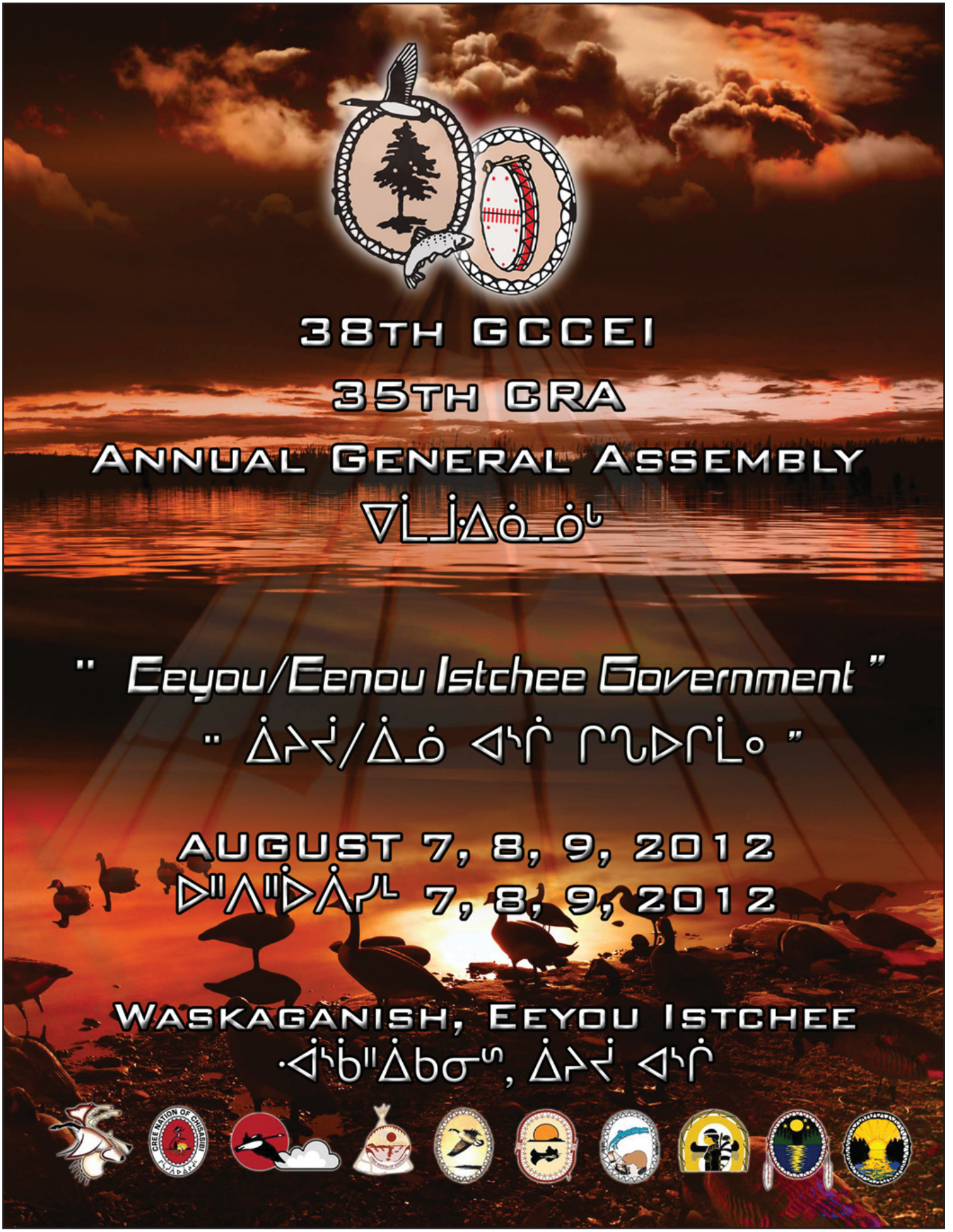
"[The territory] is our identity," he said. "Our identity means preserving our language. We have Algonquin place names, sacred sites, and traditional knowledge we want to pass down to our children and grandchildren. This is where we go to connect with the Creator, and to connect ourselves with our ancestors."

courtesy of www.barrierelakesolidarity.org

"A nation without an identity is not a nation," he said. "A nation without land is not a nation."

When asked how far his community would take their resistance against the logging, Thusky's response was both short and to the point.

"It's a matter of survival," he said.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Clear-cut objections

Students join Native groups at Montreal demo to support Barriere Lake Algonquins

by Jesse Staniforth

Some 200 demonstrators banged pots and pans in front of the Montreal office of Resolute Forest Products (formerly Abitibi-Bowater) July 6 to protest that company's logging on traditional lands of the Algonquins of Barriere Lake. Aboriginal-rights activists led by Barriere Lake Solidarity (BLS), a group working to foster support across Canada for the Algonquin struggle, were joined by students and anti-capitalist protestors to express their anger at both Resolute Forest Products and the government of Quebec.

"This protest is about the Charest government giving license to a multi-national forestry company to do clear-cutting on traditional Algonquin land, without consulting the community and getting the consent of the family whose land this is taking place on," explains Molly Churchill, a BLS organizer. "Members of the community are currently on the site, protesting there, and they called out to Montreal to get broader support — so people are aware that this is happening."

Since July 3, when logging began, members of the community have been camped out alongside the logging site to make their opposition plain. They have not yet attempted any formal blockade of the road, though community members have occasionally used this tactic in the past.

"The loggers have been escorted in by the SQ," said Churchill. "For a while there was also the presence of a police riot squad that had been brought up from Montreal. There have been threats of arrests, but there have not been arrests so far. But even at that, the threat is there — which is the complete criminalization of people just defending their basic rights and their way of life against a government that is acting in bad faith and not respecting agreements that they signed."

The document in question, Churchill says, is the 1991 Trilateral Agreement, signed by the Algonquins of Barriere Lake, the Quebec government, and the federal government of Canada.

"That was a co-management agreement that would have given the community control over the development of their land," Churchill said. "You can't separate the community from the land. Their way of life depends completely on it. For them, obviously, sustainable development is a must so their territory and ecosystems aren't destroyed."

Along with a message by telephone from Barriere Lake community members presently on the logging site, the demonstration also heard a speech in French from Gabriel Nadeau-Dubois, the high-profile spokesperson for the student union coalition, CLASSE, who has been for many the public face of Quebec's student strike since it began in February.

"Seeing demonstrators at Barriere Lake wearing the red square [of student protest]," Nadeau-Dubois said in his speech, "proves to us that this is more than the symbol of the student strike, but also the symbol of opposition to neo-liberalism and the defence of the common good. It's certain that someday soon, we're going to win, and for a simple reason: because we are right."

Afterward, protestors marched to the office of Premier Jean Charest, where the street was blocked by police tape and numerous police cars. There, demonstrators and curious members of the public heard a second round of speeches.

Protestor Shayne Grynn said he felt that the reason for the strong numbers lay in part with social media. "[Aboriginal rights protestors and student protestors] are collectively discovering that we have common goals, fighting for and against the same things," Grynn said. "Social media has allowed a dialogue between the students and Native-rights activists that was previously nonexistent."

The crowd of the demonstration seemed diverse, including people of different ages and ethnicities. Speakers ranged from student leaders to Indigenous representatives. One of those who spoke was Wakkayolha, a Mayan activist originally from El Salvador.

Interviewed afterward, Wakkayolha said, "We need to stop the contamination in the air and in the animals and human population. If we don't do it in the next 40 years, the animals will begin to die. Now's the time to come together. We have to work all over the earth, without seeing different colours or different languages — nobody is better than nobody else. Nobody has the right to take the air and the land from other people."

A man who identified himself only as Gull and said he was originally from the Kichesipirini Algonquin First Nation drummed and sang quietly at the back of the crowd.

"I heard about this and knew it was important," he said. "I talked to my boss and took the day off work so I could come."

Jamie Ross, another BLS activist, encouraged media to spread the word about the group's website, Barrierelakesolidarity.org.

"On the website you'll find a letter-writing campaign to the Ministry of Natural Resources, the Premier of Quebec, and other political people," said Ross. "Those letters are very useful and helpful. Money is also useful, and we have a PayPal account on the site for that. Right now, we're looking for mobilization in cities, but contact with community is also important. Through the website you can contact people in the community. They take a lot of support from other First Nations, especially other Anishinabe nations and Cree nations."

Are you label savvy?

Understanding the labels on your average grocery store product

by Amy German

A big part of being healthy is based on eating healthy. But in order to really eat healthy we need to understand what is in the food we eat so that we can make the right decisions when we fill the grocery cart.

This may be easier said than done when the ingredient list for your average commercial product is practically unpronounceable while the food's value is categorized in a little box chart that the average person may find hard to decipher.

For those who are trying to get a better handle on what they are consuming, never fear, *the Nation* is here to help decode the nutritional information with the help of the latest addition to the Cree Board of Health and Social Services of James Bay's team of dieticians, Swiss national Jani Cheseaux.

While he may be far away from home, Cheseaux has spent the last four months helping the youth of Chisasibi decipher what is best for their diets and part of this strategy includes offering tours of the local grocery store.

"There is a lot of information that we don't understand when it comes to food labels because the names of the ingredients are not necessarily very clear. For example, if maltodextrin is listed most people aren't going to know what that is; it's actually some kind of a starch," said Cheseaux.

"Sometimes these are actually good things like in pasta; they will list thiamine and riboflavin as ingredients, these are actually vitamins."

To help people learn how to decipher what is in the products they usually take home and whether these products are adding or subtracting the inches around their waistlines, Cheseaux's tour consists of visiting each department of the local store to look at the food choices Crees are making and what is in them.

While comparing and contrasting individual food choices is a big part of the tour, the fundamental principle Cheseaux teaches is how to read a food label and an ingredient list so that those on the tour can be armed by the knowledge of what is actually in each product. Without some training, it is difficult to know what is pertinent.

The very first part of the lesson is to look at the suggested portion size listed on the product at the top of the label that the nutritional information is indicated for such as a half cup or one cup portion or 50 grams or two biscuits of whatever the product may be.

Admittedly, often the portion size listed may not be a realistic portion size as they are frequently quite small. But it is still necessary to look at it because it is from there that an individual will be able to start calculating exactly how much they are consuming.

"They don't always correspond to the Canada Food Guide either; the portion size is at the discretion of the food pro-

"FOR MY GROCERY TOURS I PREPARE LISTS OF THE DIFFERENT NAMES FOR SUGAR AND FOR FAT AND THIS IS PARTICULARLY HANDY FOR THE CREE COMMUNITIES BECAUSE PEOPLE TEND TO EAT A LOT OF PRE-PREPARED FOODS AND FROZEN FOODS."

ducer. Usually the portion indicated is small but sometimes it is fitting. A good example of this is juice, which will often be listed as a one-cup portion. This is realistic but still is small in comparison to what most people will consume so this must be taken into account," said Cheseaux.

While he acknowledges that the vast majority of folks can't make these kinds of calculations in their heads, as it can be difficult to figure out what the nutritional value for two and a half cups will be from a portion size that is listed at ¾, this is still the cornerstone of understanding labels.

Next up, Cheseaux said that the nutrition percentages is also incredibly important as that is where you will find out whether a product contains any of the essential nutrients that an individual needs throughout the course of their day or has little food value.

"On the right side of the label and so you will see percentages like 4%, 8%, 10% and so on of the food's daily value. It is important to understand that these percentages are based on a 2000-calorie per day diet but that does not necessarily correspond to everyone's daily intake. A child will eat less whereas someone who is very, very active will eat more than that. So it is a way to see how nutritious a food is and how much it can add to your daily diet.

If there is less than 5% in a portion size then there is only a little bit of nutrients in this food but if a product has more than 15% then it carries a lot of nutrients for its portion size and so looking at it from 5-15% is a key point. A lot of nutrients would mean that the product contained fiber or lots of vitamins like C, A or calcium. What you want to see small quantities of are fat, saturated fat, trans fat and sodium, so less than 5% of your daily intake in that food," said Cheseaux.

Next up, the ingredient list is where a product's actual contents are listed but in order to understand what is written there you need to realize that ingredients are listed by weight with the heaviest ingredient listed first and the lightest last.

Depending on the length of the list, the few first ingredients are the most important ones. If sugar (see image) appears as the first or second ingredient then this product is very sugary.

The same goes for fat. If a fat appears (see image) as one of the first three ingredients, this product may not be a healthy food choice or one that should be used minimally.

"For my grocery tours I prepare lists of the different names for sugar and for fat and this is particularly handy for the Cree communities because people tend to eat a lot of pre-prepared foods and frozen foods," said Cheseaux.

In light of this, arming yourself with as much information as you can and then taking the time to read the labels is a great strategy to keep you and your entire family healthy.

While this process may be a tedious and time-consuming, progressively making better food choices becomes easier and faster and can really help an individual stay on track with healthy eating.

"I think that people mistrust what is on the food label and the ingredient list. For sure most people don't really understand where all of the ingredients come from but it is important to trust the system because there are mechanisms for control over the products. Especially when there are labels for organic products, these are labels that are good and then those that are not so good. Basically you can trust what is on that label," said Cheseaux.

And like they used to say at the end of every episode of GI Joe, "knowing is half the battle!"

Hit the Ice:

An NHL Style Training Camp for Young Aboriginal Hockey Players

by Daniel Coyle

On July 22, production started in Aylmer, Ontario on a new reality television series focused on the development of young Aboriginal hockey players from across the country.

"Hit the Ice", which will air on APTN starting in January 2013, features young Aboriginal hockey hopefuls as they are put through the paces of a real NHL-style training camp. Among the players participating are two from Eeyou Istchee; Waskaganish's Alex Hester, who played Midget AAA last season with the Amos Forestiers, and Danny Visitor of the Midget A Chisasibi Junior Hunters.

Both Hester and Visitor were selected after being scouted at the recent National Aboriginal Hockey Championships by former NHL player and coach, John Chabot, who will run the Hit the Ice training camp.

"You gotta be a good hockey player," said Chabot, when asked what criteria were used to select players.

"When you're picking a hockey team, especially short term, it's not like putting a team together for a full year. You want character, but most important is you want players who can play. For these kids, this is their second chance to make a career at hockey."

Indeed, with scouts attending the camp from major junior leagues across Canada, as well as from US colleges with NCAA hockey programs, Hit the Ice has the potential to change the lives of these young players.

"We are going to give these kids the major junior/pro training camp experience," said Chabot. "A lot of these kids have never had that opportunity. There will be two-a-day practices, off-ice training, sleeping in the same hotel, sticking to curfews, different events for them to take part in, team building exercises; a lot of the things you would have at a pro camp."

Alex Hester congratulated

While the two-week camp will be a tough haul for the players, Chabot expects that it will be a positive experience for both Alex Hester and Danny Visitor, although he views them as two very different players.

"Danny is a big strong guy," explained Chabot in his brief evaluation of Visitor. "What he is lacking is a bit of grit, and he needs to learn to play a certain style. He skates well, but he has to get more physical, get more involved. If he is willing to do that consistently, then teams will be interested in him."

"Alex is just a good all-round hockey player", continued Chabot. "He has good skill, good speed, he is tenacious, and he gets involved everywhere. We watched him at the NAHC and he was one of the most consistent players. He was always on the puck, always involved, and always wanting to do something special on the ice."

Chabot, who played over 500 games in the NHL with the Montreal

"WHEN YOU'RE PICKING A HOCKEY TEAM, ESPECIALLY SHORT TERM, IT'S NOT LIKE PUTTING A TEAM TOGETHER FOR A FULL YEAR. YOU WANT CHARACTER, BUT MOST IMPORTANT IS YOU WANT PLAYERS WHO CAN PLAY. FOR THESE KIDS, THIS IS THEIR SECOND CHANCE TO MAKE A CAREER AT HOCKEY."

Canadiens, Pittsburgh Penguins and Detroit Red Wings, and coached both in the NHL and the Quebec Major Junior Hockey League, will be assisted by Ryan Cook and Jan Cote, who are both certified coaches with plenty of experience coaching young Aboriginal players.

In addition, a number of NHL players, including Florida Panther Erik Gudbranson, Winnipeg Jet Evander Kane, and Aaron Asham of the New York Rangers, will take part in on-ice workouts, and help the team prepare for a game on the final day of camp against an all-star team comprised of players from the Ottawa area.

"The only way to properly assess a hockey player is in a game situation where it means something," said Chabot, emphasizing the importance of the game which will be the climax of the camp.

"A lot of kids look good in practice, but it is important to understand the game. There were players we scouted that may have more skill, or are better skaters, but the players we picked we think have a better understanding of how the game is played. That is important when you go to the next level. At some point in time your skill is not enough. You're going to have to outwork and outthink your opponent."

For Chabot and the entire Hit the Ice team, the camp-ending game is more than just 60 minutes on the ice, it may represent an opportunity for these young players to use their hockey skills to gain an education or build a career in hockey.

"Hopefully, we will accomplish what we want to accomplish," said Chabot, "and get a number of kids invited to Tier 2, Major Junior, or NCAA schools. That is the whole idea: to give these kids another chance."

Learn more about Hit the Ice by visiting their website at www.HitTheIce.tv.

A thank you note... following the Firefighter Challenge Competition 2012 held in the Cree Nation of Eastmain.

I would like to express my special thanks to the following people and organization for their participation and support in our event: The Eastmain Band Council / Cree Regional Authority (Travis Heritage and Henry Mianscum) / Northern Stores / Lindy Spencer Enterprises and to all the Fire Fighters who participated and supported the competition.

Thanks to the 3 judges: Archie Moar, Chris Allisapi, Leonard Capashesit (Small).

To the winning teams for their efforts:
1) Oujé-Bougoumou team
2) Waswanipi team
3) Waskaganish team
4) Eastmain team #1
5) Eastmain team #2

And a special thanks to 3M Trim-Line, CBC Radio, the Nation, and all the people who support the Firefighter Competition Challenge and I would like to thank myself for coordinating the event.

Yours, in Public Safety
George Cheezo, Public Security Director
Cree Nation of Eastmain

EMPLOYMENT OPPORTUNITY

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Cree School Board
Commission scolaire Crie

COORDINATOR OF ADULT EDUCATION – GENERAL EDUCATION

COMPETITION NUMBER: MIS-2241

PLACE OF WORK:
MISTISSINI – HEAD OFFICE

EMPLOYMENT CONDITIONS: Regular, full-time position.

NATURE OF WORK: Under the supervision of the Director of Adult Education, this position consists of the performance of duties required for the coordination, supervision, evaluation, research and development of programs and activities in General Education. In particular, the Adult Education Coordinator - GE includes responsibility for the coordination of SARCA, Upgrading programs, Common core Basic Education programs, Socio-vocational Integration programs, Complementary Education Services, Literacy and Preparatory programs (secondary, vocational & training and College) for the targeted population. The position includes the coordination of activities pertaining to teaching methods, measurement and evaluation of student achievement. The position consists in providing advice and expertise to the Director of SAES.

Salary: Minimum: $59,151
Maximum: $78,866
Northern Allowance: $7,497 – $11,993

BEGINNING OF EMPLOYMENT: As soon as possible

EDUCATION CONSULTANT LOCAL (SABTUAN ADULT EDUCATION SERVICES)

COMPETITION NUMBER: MIS-2240

PLACE OF WORK: MISTISSINI

EMPLOYMENT CONDITIONS:
Regular, full-time position.

NATURE OF WORK: Under the supervision of the director of SAES, this position is responsible for providing advice and support principally to the Communities, SAES management, teachers, students and other CSB staff in the implementation, development and evaluation of programs of study, class management and instructional materials.

Salary: Minimum: $38,201
Maximum: $72,424
Northern Allowance: $7,497 – $11,993

BEGINNING OF EMPLOYMENT: As soon as possible

EDUCATION CONSULTANT FOR VOCATIONAL PROGRAM

COMPETITION NUMBER WAS-

PLACE OF WORK: WASWANIPI

EMPLOYMENT CONDITIONS:
Regular, full-time position, 35 hours per week.

NATURE OF THE WORK: This position is responsible for providing advice and support principally to the Sabtuan Adult Education Services (SAES)= management, teachers and other CSB staff in the implementation, development and evaluation of programs of study, class management and instructional materials.

Salary: Minimum: $37,823
Maximum: $71,707
Northern allowance: $7,423 - $11,874

BEGINNING OF EMPLOYMENT: As soon as possible

SCHOOL VICE-PRINCIPAL

COMPETITION NUMBER WAS-2243

LOCATION OF WORK: WILLIE J. HAPPYJACK MEMORIAL SCHOOL, WASWANIPI

EMPLOYMENT CONDITIONS:
Regular, full-time position.

NATURE OF WORK: The position of Vice- Principal includes the performance of all the duties required for the management of the curriculum and resources respecting one or more of the curriculums determined by the School Principal. The position includes the performance of all the duties of the School Principal when the latter is absent or unable to act as principal.

Salary: Minimum: $59,151
Maximum: $78,866
Northern Allowance: $7,497 - $11,993

Salary and working conditions are based on the By-law respecting the conditions of employment of management staff of the Cree School Board.

ALL POSITIONS HAVE A CLOSING DATE OF:
August 3rd, 2012 3:00 PM

Please see the coordinates below for more information on the postings and to send your c.v. :

Cree School Board
Human Resources Services
203 Main Street, Mistissini, QC. G0W 1C0
Tel: 418-923-2764 Fax: 418-923-2073
Email: fgunner@cscree.qc.ca
Please indicate the competition no. of the position you are applying for.

UNDER THE NORTHERN SKY

Bringing shadows to life

by Xavier Kataquapit

Shadows are a strange phenomenon in our world. They are a projection of us but they are not us. They mimic our actions yet they exist in a world all their own. I remember learning how to play shadow hands as taught by my older brothers and sisters when I was young. It was exciting to be able to create an image on the wall with nothing but some light and your hands. It was magical to create shadows to form a dog's head and make it bark or to place our hands together and produce a bird in flight.

We played shadow hand puppets when we went camping in the wilderness. Inside our white prospector tent, the entire canvas structure became the stage. We supplied the creativity to make that tent dance by bringing to life birds, rabbits and dogs as part of the shadow world. Out there in the wilderness where we had no electronic entertainment such as television or radio our shadow world kept us entertained.

Recently, I was able to relive and rediscover my interest in the shadow world when I was invited to the Temiskaming Native Women's Support Group Day Care Centre. While I was there I watched pre-school children take part in a workshop on story telling and shadow puppetry.

The Aanmitaagzi Story Makers, a multi-disciplinary professional artist-run company based in Nipissing First Nation, animated the event. The group is headed by Co-Directors Penny Couchie, an Aboriginal theatre artist of Ojibway/Mohawk descent and her husband Sid Bobb, a West Coast Salish actor and artist, who is famous in Canadian television as the host of Kids Canada on CBC and as an actor in other television, radio, film and theatre productions. They were joined by lead artists Lindsay Sarazin, Binaeshee-Quae Couchie-Nabigon andAnimikiikwe Couchie, and by co-founder Carol Guppy.

It was fun to watch Penny and Sid working with these young children and stirring their imaginations. They spent the morning teaching traditional Aboriginal stories that presented the cultural ideas that animals and trees have life and we share our lives with them. The lead actors worked with the children to cut out characters on paper. They attached sticks to the paper and then played with them as Sid and Penny explained the story.

A highlight of their workshop was when the group hung large white sheets from the ceiling of the gymnasium to form a stage for the shadows. The gym lights were turned off and spotlights magically illuminated the sheets from behind. At first I watched from the audience and then I peaked around back of the sheets to see all of these little First Nation children turning their hand made puppets into shadows. Sid Bobb told the stories of the animals with great enthusiasm and on cue the children danced their characters in shadow forms.

I was amazed that such a simple activity with only little paper puppets in the hands of many small children and shadows produced by bright lights that lit up a few hanging sheets could create an entirely new and magical world. I was surprised that the children were not frightened in the darkened room. I then realized that they were more interested and distracted by the shadows of their friends and the characters of the play.

When I later read up about shadow puppetry, I discovered that this activity has been around for thousands of years. In many Asian countries, there is a rich culture of story telling with shadow puppets and it is also an ancient art in a host of eastern European countries.

I was grateful to Penny, Sid and their troupe for allowing me a glimpse of their shadow world. I believe that the arts are an important part of Aboriginal culture. The arts and in particular theatre serves to preserve and protect our traditional stories and history. A good storyteller can entertain, heal and encourage Aboriginal youth who sometimes have to deal with stress, tragedy, sadness and dysfunction.

Sid and his troupe introduce hope through creativity and that opens up many windows. They can be contacted by email at bobbsid@hotmail.com. I encourage First Nation organizations, schools and communities to utilize Aboriginal artistic groups like Aanmitaagzi Story Makers to spark creativity in the hearts and minds of their young people. Sometimes a good story is all we need to start the healing process and light up the stage with hope.

CLASSIFIEDS

BIRTHDAYS

A happy 11th birthday to my beautiful daughter Tatiana Lee Iserhoff on July 30, 2012. We are so blessed to have you as our little girl and we love you with all our hearts. From mom & dad, Roseanna, Norman, Emerald, Jason, Brayden and bb Paul Iserhoff.

PUBLIC SERVICE ANNOUNCEMENTS

Where to get help: bilingual, anonymous, confidential and free phone services, 24 hours a day 7 days a week.

Kid's Help Phone Line: 1-800-668-6868 (www.kidshelpphone.ca)

Youth Helpline: 1-800-263-2266 (www.teljeunes.com)

Parents' Helpline: 1-800-361-5085 (www.parenthelpline.ca)

Missing Children's Network: They'll help you find kids who have run away or disappeared. 514-843-4333 (www.enfant-retourquebec.ca)

Drug Addiction help and reference: 1-800-265-2626 (www.drogue-aidereference.qc.ca)

Gambling Addiction help and reference: 1-800-265-2626 (www.info-reference.qc.ca)

S.O.S. Conjugal Violence: 1-800-363-9010 (www.sosviolenceconjugale.com)

Health and Sexuality Resources Center: 1-888-855-7432 (Monday to Friday, 9am to 5pm) (www.criss.org)

Gay Helpline: 1-888-505-1010 (Monday to Friday, 8 am to 3 am and Saturday-Sunday, 11 am to 3 am)

The Native Women's Shelter of Montreal: 1-866-403-4688 (www.nwsm.info)

Suicide Action Québec: 1-866-277-3553 (www.suicide-quebec.net/)

Residential School Survivors: A 24 hour toll-free crisis line is available to provide immediate emotional assistance and can be reached 24-hours a day, seven days a week: 1-866-925-4419. Other support services and information for survivors is available on the AFN website at: www.afn.ca/residentialschools/resources

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